



ASANA CATEGORIES

SYLLABI I—BEGINNERS THROUGH TWO YEAR STUDENTS

STANDING

Suryanamaskara A
Samasthiti
Vṛkṣāsana
Trikoṇāsana
Virabhadrāsana II
Utthita Pārśvakoṇāsana
Prasārita Pādottānāsana
Pādāṅguṣṭhāsana
Pārśvottānāsana
Parighāsana
Utkaṭāsana

SEATED POSES

Virāsana
Daṇḍāsana
Upaviṣṭa Koṇāsana
Sukhasana
Tryaṅga Mukha Eka Pāda
Paścimottānāsana
Bharadvājāsana I
Marīcyāsana I (as a twist)

ARM BALANCES

Adho Mukha Śvānāsana
Adho Mukha Daṇḍāsana
Pūrvottānāsana I

BACK BENDS

Bhujāṅgāsana
Śalabhāsana
Salambha Setu Bandhāsana
Setu Bandhāsana Sarvāṅgāsana

SUPINE

Supta Pādāṅguṣṭhāsana
Supta Baddha Koṇāsana
Śavāsana

INVERSIONS

Viparita Karani
Salambha Sarvāṅgāsana

Include:

Ujjayi Pranayama, Sama Vritti Pranayama



ASANA CATEGORIES

SYLLABI II - INTERMEDIATE STUDENTS

STANDING POSES

Suryanamaskara B
Parivṛtta Trikoṇāsana
Virabhadrāsana I
Ardha Candrāsana
Uttānāsana
Hasta Pādāsana

SEATED POSES

Jānu Śīrṣāsana
Mālāsana
Marīcīyāsana I and III
Ardha Matsyendrāsana
Paścimottānāsana
Baddha Koṇāsana
Gomukhasana
Nāvāsana

ARM BALANCES

Vasisthasana I
Chatturanga Dandasana
Adho Mukha Vrksasana

BACKBENDS

Urdhva Mukha Svanasana
Dhanurāsana
Matsyasana
Supta Virāsana
Ustrasana

INVERSIONS

Sirsasana
Halāsana

Include: Viloma I Pranayama



ASANA CATEGORIES

SYLLABI III

STANDING POSES

Hasta Pādānguṣṭhāsana
Parivṛtta Ardha Candrāsana
Parivṛtta Pārśvakoṇāsana
Virabhadrāsana III

SEATED POSES

Ardha Baddha Padma Paścimottānāsana
Bharadvajasana II
Krauñcāsana
Parivṛtta Pāścimottānāsana
Pāśāsana
Ubhaya Padangusthasana

ARM BALANCES

Purvottanasana II
Bhujapidasana

BACKBENDS

Viparīta Daṇḍāsana on chair
Urdhva Dhanurasana
Eka Pada Bhekasana

SUPINE

Supta Konasana in Halasana
Supta Padmāsana

INVERSIONS

Pinchamayurasana
Pārśva Halāsana
Sālamba Sarvāṅgāsana variations
Eka Pada Sarvangasana
Parsva Eka Pada Sarvangasana
Nirālamba Sarvāṅgāsana
Sirsasana variations
Baddhakoṇāsana in Śirṣāsana
Hasta Śirṣāsana
Pārśva Śirṣāsana
Pārśva Virāsana in Śirṣāsana
Upaviṣṭakoṇāsana in Śirṣāsana
Virāsana in Śirṣāsana

PRANAYAMA/BANDHA/MUDRA

Bhramari Pranayama
Jālandhara Bandha
Khechari Mudrā
Nadi Shodhana
Supine and Seated Prāṇāyāma
Viloma